

Full Report (All Nutrients) 45006282, ZATARAIN'S, JAMBALAYA CHICKEN & SAUSAGE, UPC: 071429011526

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**Report Date: June 05, 2017 10:59 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	340.0 g 340g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	360	106
Protein	g	--	--	14.99	4.41
Total lipid (fat)	g	--	--	12.00	3.53
Carbohydrate, by difference	g	--	--	46.99	13.82
Fiber, total dietary	g	--	--	3.1	0.9
Sugars, total	g	--	--	2.01	0.59
<b>Minerals</b>					
Calcium, Ca	mg	--	--	61	18
Iron, Fe	mg	--	--	2.69	0.79
Sodium, Na	mg	--	--	1030	303
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	21.1	6.2
Vitamin A, IU	IU	--	--	1499	441
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	3.502	1.030
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	34	10

Amino Acids

Other

**Ingredients**  
COOKED LONG GRAIN RICE, WATER, BELL PEPPERS, CHICKEN BREAST STRIPS WITH RIB MEAT (CHICKEN BREAST MEAT WITH RIB MEAT, WATER, MODIFIED POTATO STARCH, SALT, SODIUM PHOSPHATE), COOKED ANDOUILLE SAUSAGE (PORK, WATER, DEHYDRATED GARLIC AND ONION, SALT, SPICES, PAPRIKA, SUGAR, SODIUM PHOSPHATE, SMOKE FLAVORING, SASSAFRAS, SODIUM ERYTHORBATE, SODIUM NITRITE), ONIONS, LESS THAN 2% OF MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), MODIFIED CORN STARCH, PORK BASE (ROASTED PORK

MEAT AND NATURAL JUICES, SALT, CORN SYRUP, YEAST EXTRACT, WHEY [MILK], CHICKEN FAT, CORN OIL, SUGAR, NATURAL FLAVOR, WINE AND CARAMEL COLOR), PAPRIKA, GRANULATED GARLIC, YEAST EXTRACT, SEA SALT, SPICES, CHILI POWDER (CHILI PEPPER, SPICES, SALT, CARAMEL COLOR, GARLIC POWDER), STABILIZER (MODIFIED CORN STARCH, GUM ARABIC, XANTHAN GUM, GUAR GUM). *Date Last Updated by Company:* 08/19/2014